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Reserve

## WHY WE NEED MORE GARDENS AND MORE HOME FOOD PRESERVATION

The supply of canned fruits and vegetables on shelves of grocery stores next winter will be down substantially below last year's. The vegetable items commonly canned by the housewife will be down about one-fourth, with supplies of canned beans and tomatoes only about half of last year's. This is true because military needs have increased greatly and warehouse stocks have reached a minimum working level.

The demand for canned fruits and vegetables will be much larger than the supply. The War Food Administration is calling these facts to your attention now so that you can do everything possible to provide your own needs for these foods.

Here is what you can do:

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1. Plant a Victory Garden. If you have been delayed by unfavorable weather, there is still time to grow a good garden. Plant enough for canning, especially tomatoes. There is also ample time for beans, beets, carrots, corn and summer greens. Many other crops can be planted in late summer for fall use. Grow as much food as you can, and don't let any go to waste. In each of the war years Victory Gardens have supplied large quantities of vegetables for fresh use and home canning. This production will be needed more than ever this year. If your garden is large enough and your soil is suitable, grow potatoes and sweet potatoes.
2. Can all you can. If you can't grow a garden, be on the lookout for opportunities to buy and can both fruits and vegetables when local markets are well supplied.

The outlook for fruit production this year is for less than a year ago, because of freezes and other unfavorable spring weather.

President Truman said recently: "The need for food is greater now than ever before. We must do everything in our power to produce all we can this year." The President urged that all make every effort to increase the production of food in the Nation's Victory Gardens by enlarged and continuous plantings. Home preservation of food this year, in his opinion, is just as important as production, in view of the increased war requirements for commercially processed foods.

### SUGAR

Sugar for home canning is being allotted on the basis of a maximum of 15 pounds per person, compared with 20 pounds last year. Because of the very low stocks of sugar there is little prospect that this can be increased.

On an average, each pound of sugar will be sufficient for 4 quarts of canned fruits. This can be stretched by use of corn sirup or honey, if available. The amount of sugar you get for home canning will depend upon the amount of fruits, jams and jellies and preserves you put up last year and the amount you expect to put up this year.

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The decrease in sugar for home canning does not mean there is less need. The need for home canning is more urgent than ever before.

Here are some ways you can preserve more food at home despite the sugar shortage:

1. Can all the vegetables you can, especially tomatoes (from your Victory Garden and from fresh market supplies). You don't need sugar to can vegetables, and you don't need a pressure canner to can tomatoes.
2. Store root crops in your cellar or in a pit.
3. Learn how to stretch your sugar allowance for canning fruits.
4. Learn how to dry peaches, apples and sweet corn.

For information on how to preserve food by storing, drying and freezing, write to the U. S. Department of Agriculture, Washington 25, D. C.

#### SPARE THE SUGAR....BUT SAVE THE FRUIT

The recent cut in the sugar ration has brought questions to the canning specialists of the U. S. Department of Agriculture on how to spare the sugar but save the fruit this summer. Here are some of the most frequent questions—and the answers:

Q: How much fruit can I put up with the reduced canning sugar allowance?

A: The maximum allowance of 15 pounds of canning sugar per person should sweeten about 60 quarts of fruit—350 generous servings.

Q: How much sugar should I allow to a jar of fruit?

A: The recommended wartime proportion is 1 pound sugar to 4 quarts finished fruit. This makes a medium-thin sirup averaging about 1/2 cup sugar per quart fruit. Sour fruits may take more than this average; juicy, sweet fruits may need less.

Q: Can I put up fruit without any sugar?

A: Yes, sugar helps canned fruit hold color and flavor, but is not essential to prevent spoiling. Rather than let good fruit go to waste, put up some without sugar. Process unsweetened fruit in the same way as sweetened.

Q: What about stretching canning sugar with corn sirup, honey, or molasses?

A: Corn sirup may replace up to 1/3 the sugar; honey up to 1/2. Do not use molasses—its flavor overpowers the fruit; it gives a dark, unattractive color, and may cause spoilage. Instead use molasses for cooking and table use, as well as cane, maple, and sorghum sirups, to spare some sugar from the everyday ration; then use this sugar for canning.

Q: Sometimes I can get brown sugar when I can't find white. Could I use this in canning fruit?

A: No, for the same reasons as those that make molasses inadvisable. For some pickles and relishes, though, the flavor of brown sugar is desirable.

Q: What about jams, jellies and pickles? Has the ruling of a 5-pound maximum for these been changed?

A: No. Using the entire ration for canning, however, saves the most fruit. If the family craves a few sweet spreads, remember fruit butters take proportionately the least sugar. Some pickles and relishes require none.